

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
08:00–11:00		Weekly housecleaning
11:00–12:30	FE-2	Physical exercise (VELO+RED day 1)
11:00–11:05	CDR	Inspection of БРПК-2 separator
11:30–12:30		Physical exercise (TVIS-1)
12:30–13:30		LUNCH
13:30–14:00		Weekly planning conference (<i>S-band</i>)
14:00–14:10	FE-1	Off-day LAB payload status check
14:15–14:40		ISS/MCC TV link: Congratulatory address: 70 th birthday of the academician K.V. Frolov (backup window) (T₀=14.20.04, T₁, T₂, T₃ will be activated from the СПП Automated Daily Timeline)
15:15–15:35		ISS5 Crew/NEMO Team conference (<i>S-band</i>)
16:00–16:15	CDR	Regeneration of Φ2 absorption bed in БМП (end)
16:35–18:05	FE-1	Physical exercise (RED)
17:00–18:00	FE-2	Physical exercise (TVIS-1)
18:00–18:40		Maintenance of COЖ
18:00–19:30	CDR	Physical exercise (TVIS / active rest (day 1))
18:05–19:05	FE-1	Physical exercise (CEVIS)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Note:

See OSTP for references to US activities.

Task List activities for CDR and FE-2: HDTV per

End of radiogram